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Don't suffer alone, students told
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INPORT NEWS

SERVING PORT COLBORNE • WAINFLEET • SHERKSTON • LOWBANKS • ISSUE NO. 10 VOLUME 17

For news updated daily see www.inportnews.ca

■ **REALITY TV:** Duo prepares audition tape for *Amazing Race Canada*

Brothers have Amazing dream

MARYANNE FIRTH
InPort News Staff

PORT COLBORNE — They're already hockey players, bandmates and, according to their audition video, crime fighters. But brothers Nick and Vince Pascuzzi now want to add the role of reality TV show contestants to their resumes.

The Port Colborne natives are among thousands of

people vying to be chosen for CTV's *Amazing Race Canada* — and they're ready to do what it takes to snag one of the few available spots.

Their audition video, which has garnered nearly 900 views since being posted to YouTube a week ago, shows the two in their glory, goofing around, dancing, skating and even catching a purse-snatching assailant.

The Pascuzzi have long been encouraged by their

family to audition for television "because we're characters," Nick says, though this is the first occasion the pair has actually made an attempt.

Once they learned the series was coming to Canada, the brothers figured they "might as well give it a shot," he says.

"Anything he recommends, I just jump in head first," adds Vince, confident it was the right move to make.

see TV | page 2



MARYANNE FIRTH Staff Photo

Nick and Vince Pascuzzi already have their game faces on. The Port Colborne natives are among thousands vying to become contestants on this summer's *Amazing Race Canada*.

HometownRealEstateGuy.com

Michael Smith
SALES REPRESENTATIVE

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upfront

■ TV

'We're a born team,' Vince Pascuzzi says

FROM PAGE 2

Vince, 26, believes he and Nick, 24, work well together and would give other players a run for their money if given the chance.

"We're a born team," he says.

The pair already play in a band together, The After

Chapter, and play on the same line for their hockey team.

"We're on the same page," Nick says, feeling certain they can easily overcome any head-butting that's sure to arise during the competition.

Each brother complements the other by bringing varying assets to the team.

Vince has built up some impressive problem-solving skills as a physics and computer science major at Brock University.

"He's got the brains," says Nick, who works as a lift operator in Hamilton.

Nick has held many different jobs over the years and gained different skills from

each that he hopes will give him the edge.

The pair have been scouting out their competition online, reviewing other videos to see if in their minds, they have a chance.

Though their family and friends feel the duo are a shoe-in, the pair are remaining cautiously optimistic.

They know they're up against countless other teams vying for only a few select spots.

The grand prize for those first across the finish line has yet to be announced.

"We don't care how much it is, we just want in," Nick says.

"We want to do it for the

experience, and being on TV would be cool," Vince adds.

"We want to represent our city, our country."

Amazing Race Canada is set to air on CTV this summer, although a start date for filming has yet to be announced.

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Twitter: @mfrithTribune

■ MENTAL ILLNESS: Grade 9 students learn about suicide

No one should suffer alone

DAVE JOHNSON
PelhamNews Staff

PORT COLBORNE — One in five Canadians will be diagnosed with a mental illness and 70% of those will be diagnosed before they turn 25.

Those statistics were presented last Thursday morning to more than 100 Grade 9 students at Port Colborne High School during a talk on mental illness.

They were presented by Jessica Rathwell, a TAMI (Talking About Mental Illness) and anti-stigma co-ordinator with Pathstone Mental Health. With Rathwell were Amanda and Madhav, of TAMI Niagara, two people who spoke about their own bouts with mental illness.

Rathwell talked about mental health and mental illness as she started her presentation.

Mental health, she said, is about having balance in all areas of life, enjoying things, having good relationships,

being able to deal with life chains and coping with daily stress.

"Mental illness is about fearing for your future, being worried, sad and paranoid, unusually nervous. They're all normal thoughts to have from time to time. It's when it goes on for weeks and weeks and makes it hard to do things ... It's a problem at that point."

The cause of mental illness, she said, is complicated. It could be a combination of genetics and experiences.

"Two people could go through the exact same thing ... and one could end up with a mental illness."

Rathwell went through various mental illnesses that people could suffer from as she spoke to the students.

Depression, she said, can see a person losing interest in things they used to like doing. Increased anger and a lack of concentration. It can also be physical, with a person eating less and not being able to sleep. Thoughts of suicide can also pop up.

Anxiety disorder, the most common mental illness, can involve post traumatic stress disorder, obsessive compulsive disorder, panic disorder and social and specific disorders.



Jessica Rathwell, a TAMI (Talking About Mental Illness) and anti-stigma co-ordinator with Pathstone Mental Health, gives a presentation on mental illness at Port Colborne High School.

DAVE JOHNSON Staff Photo

Schizophrenia is a mental illness where a person can have delusions or hallucinations, and disorganized speech and behaviour.

Rathwell said if someone is having trouble the best thing

they can do is reach out to someone, a parent, counselor or friend.

"Some people won't reach out because they are scared. There's a stigma attached to mental illness."

To help reduce that stigma, she said people should use respectful language when talking about mental illness.

Students were also told that if a friend is making comments about suicide, those

comments should be taken seriously.

"Ask your friend how they are doing and listen to their answer."

see ILLNESS | page 3

portraits

■ **MENTAL ILLNESS:** Amanda's story

'The way we treat each other is important'

DAVE JOHNSON
Tribune Staff

PORT COLBORNE — One her first day of Grade 8, Amanda was nervous as she went to school.

She saw her friends as she approached the school, but they wouldn't talk to her.

"I got confused and couldn't understand why no one would talk to me," Amanda said.

She said when it came time to pick who she wanted to sit next to in class, her friends said she wasn't allowed to sit with them.

She tried to talk with them and understand what was happening, but things only got worse.

"I started to get so anxious to be at school," she said.

Things got to the point that when she tried to be with her friends at recess, they'd throw pennies at her. One friend even took off her belt and whipped Amanda as the others watched and laughed.

"They told me I looked like a dog, they told me what clothes I could and couldn't wear and they weren't nice, they insulted me."

"They said I was a loser and was never going to have any friends again, and eventually I started to believe the messages they were tell-

ing me."

She didn't know how to make things stop, so she told a teacher. That teacher told her to be more assertive and stand up for herself. They were all put in a room together and told to work things out.

"The teacher asked if we fixed the problem and the girls told her we had. Except their idea of fixing the problem was telling me that I was no longer allowed to be their friend."

With growing migraines and being home-schooled to avoid her friends, who also stuck her with pins from poppies on Remembrance Day, Amanda enrolled in a different school.

That didn't help.

A cousin of one of her former friends was at the new school and the bullying she suffered started over again.

It got to the point where threats were made against her and the police had to be called in.

Amanda was diagnosed with post-traumatic stress disorder, but was determined to finish school.

She did, but when she went on stage to get her diploma, her former friends were in the audience and no one from the school applauded her. She couldn't even



From left, Amanda and Madhav, both of TAMI (Talking About Mental Illness) Niagara, and Jessica Rathwell, a TAMI and anti-stigma co-ordinator with Pathstone Mental Health, listen as youth counsellor Laurie Iannetti speaks to Grade 9 students at Port Colborne High School.

go to her own dance as the girls blocked the entrance.

Going to high school, she said, was a huge struggle for her, something she dreaded.

"I would have a panic attack any time I went into a school."

She ended up being home-schooled and going to a school in a hospital.

"It was hard to make friends ... to trust people."

Amanda said from the outside she looked normal, but inside she was broken.

"I hated the way I felt ... I wanted to be normal."

Determined to graduate from high school and show her former friends that she was

strong and determined, Amanda made herself get better.

She took art therapy for five years and that helped her realize what was happening to her was not her fault.

"I understood why I was the way I was. I started to get better friends and in Grade 11 met my best friend, who I get to see

get married this summer. She stuck by me and saw me for who I was."

Now 23 years old, Amanda's goal is to work with young people and make a difference in their lives.

"The way we treat each other is important ... it can make a change in someone's life for the good or the bad."

■ **ILLNESS**

Resources are available for anyone who need help

FROM PAGE 2

Rathwell wanted to get the message out that treatment works and there are resources in the community that can help.

"No one should suffer alone," she said.

Rathwell's presentation, and the personal stories of Amanda and Madhav, was the first of four at Port High, said Laurie Iannetti, youth

counsellor at the school.

"The hope is to demystify mental illness," said Iannetti, adding students should know that there is support for those suffering from mental illness.

Iannetti, who also works out of Centennial Secondary School in Welland, said there seems to be more willingness to talk about the issue these days.

Asked about mental illness

in relation to students, she said Grade 11 students seem to be struggling.

"It's a time in life where relationships are changing, there's a lot of stress about the future, they're looking

for employment ... and other stresses."

She said similar presentations on mental illness will be made to the rest of the students in the high school.

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■ ourview

Local voice still waiting to be heard

The twin counties of Bruce and Grey, which lie south of Georgian Bay and west of Lake Huron, have been the source of much of rural Ontario's opposition to wind factory developments.

These developments are commonly called wind farms, but wind factories is a more accurate description.

The opposition to turbines spread across the province just about as fast as the giant turbines started to crop up. Since Ontario has been in the throes of a rush to wind power for a number of years, that was fast indeed.

The breadth of the opposition to wind turbines is nowhere better documented than in the results of the last provincial election when voters across rural and much of Northern Ontario turned their backs on the McGuinty government. They did so largely because of the way local planning controls were neutered so wind factories could be forced down rural throats.

A major argument against wind factory developments is the adverse effects they have on the health of nearby residents.

Provincial health officials gave no credence to those concerns and news releases to that effect from 2010 still show up when you search the topic on government websites.

One says in part, "The scientific evidence does not demonstrate any direct causal link between wind turbine noise and adverse health effects," according to a new report from Dr. Arlene King, Ontario's chief medical officer of health. Dr. Hazel Lynn, medical officer of health for both Grey and Bruce, was not convinced and said so in defiance of King's position. After a further study she released in February, Lynn is even more certain that she is right on this issue.

Lynn and Dr. Ann Arna concluded that turbines do cause distress among people who live close by.

This conclusion came after examination of the "most available and credible" studies on turbines and their effects related to noise. The Grey-Bruce researchers focused on 18 peer-reviewed studies, all of which revealed an association between turbines and human distress.

Because of that conclusion, Grey County council this week called for a moratorium on turbine developments until further health studies can be conducted.

Bob White, deputy mayor of Hanover, the second-largest community in Grey, who proposed the moratorium, said, "There's hundreds of them in Grey County and they're going up pretty fast. Let's take a look to see if there is an adverse condition before we put any more up."

The call for a moratorium passed by a vote of 13-9. Last year Arnan-Elderside, the smallest municipality in Bruce, led a fight against turbines and a boycott of then-premier Dalton McGuinty's speech at a gathering of municipal leaders in Toronto.

■ COLUMN

God's earpiece

REV. GORD ABRAHAM
Port Colborne Baptist

Over 25 years ago, my friends and neighbours jokingly said to me, as we talked about faith in Jesus Christ and my confidence in The Bible as my final authority, "oh, you Baptists believe in a 'paper Pope'!"

As I started to think this over and still continue to do so, I realize that many Christians really do believe in the authority and power of God's Word recorded in what is called The Bible. This is our final authority because it is God's written revelation of Himself and his ways, empowered by the Spirit of Jesus Christ.

The Bible reveals God as who He is — His character as well as His past, present and future activity in our world. The Bible reveals where we came from, who we are and what God has planned for us. Us being those who believe God's Word and those who reject God's Word of authority.

The Bible has influenced many people and cultures over the millennia. There have been many attempts to destroy the Word of God but all the attackers are dead and gone and we still have God's Word with us.

The preaching and practice of The Bible has been instrumental in preventing major bloodshed and social upheaval as seen in Europe, from 1789-1799. France was torn apart, blood was running in the streets, no one would

dare express any challenge of authority, betrayal was the common experience and the Guillotine was never inactive.

Chaos was the order of the day in France while in England, social change came in a different form. England saw spiritual awakening which affected both church and culture to the point where social change came with no widespread, bloody revolution.

One country was spared and another was flooded. The preaching, reading and obeying of The Bible had a lot to do with this. Think on this!

Have you observed the changes that take place in individual lives, when people read or hear the wonderful promises from God and the Christ expression of His grace through the death and resurrection of Jesus? One young man, I have recently come to know, was by his own admission, living a life of self-centredness, confusion and at times, despair. On reading the Gospel of John in The Bible and the story of Jesus, he saw how messed up his life was and how he was from God.

He told me that when he read The Bible he saw himself as he really was and so confessed his sin and trusted in the Lord Jesus Christ. He believed with his whole being that God's message of salvation found through Christ and recorded in The Bible is the only way to have a relationship with Him. He now lives and breathes the Word of God. He practices what Jesus says in The Bible and his life is totally new, filled

to overflowing with blessings from God and a peace that could be found nowhere else.

I often hear him applying the teachings of Jesus from The Bible to his life and hear his love of the Bible as God speaking to him. He now serves others and God with a joy and gracious authority unlike most young men his age.

All around the world, when the Bible is given to people, read and believed, their lives are changed.

The writer of the letter to the Jewish followers of Jesus says, "For the word of God is alive and powerful. It is sharper than the sharpest two-edged sword, cutting between soul and spirit, between joint and marrow."

It exposes our innermost thoughts and desires. "Nothing in all creation is hidden from God. Everything is naked and exposed before his eyes, and he is the one to whom we are accountable" (Hebrews 4:12 NLT)

Why not watch "The Bible", dramatized on The History Channel every Friday and Sunday night at 8 p.m. It will show you in pictures what God has done and desires to do in our world. It will culminate on Easter weekend with the dramatized death and resurrection of Jesus.

So, maybe my friends were right—in a way. We do have a "paper pope" in the sense that we have an authority from God in The Bible that overrides all other human authorities. Something to think about.

■ COLUMN

The church's biggest challenge

REV. STEVEN DAVID
Central United Church

Sometimes I get questions from people who want to talk about all the challenges the church is facing in the modern world. Usually, these "challenges" come down to one of three things — declining attendance, declining membership and increasing budget deficits. A fourth that sometimes gets mentioned is the increasing secularization of society. I'm not going to deny that those are all significant challenges.

They are. But I am going to suggest

that none of them are our biggest challenge. The biggest challenge facing the church today is a lack of hope.

Those other challenges can cause us a lot of problems, but when we lose hope, we can easily find ourselves paralyzed. We start to die not so much because we're dying, but because we're convinced that we can't survive. And we become more and more insular, more and more focused on ourselves.

Ultimately, the purpose of the church stops being outward mission and becomes fundraising in increasingly desperate attempts to

keep the doors open for another few months. People get worn out serving the institution, and they forget about serving God. Or, they get the two mixed up — and serving the institution becomes serving God.

And it's all because we lose hope for the future, we become convinced that we're going to die and so we become committed to just hanging on for as long as we can. Rather than something to be embraced for its potential, tomorrow becomes something to be feared.

see CHURCH | page 5

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■ CHURCH

Be no use for future times

FROM PAGE 4

And that's such a shame.

We would face the future with excitement and confidence — and, yes, hope. Loss of hope is the greatest challenge facing the church today, not just because it makes us fearful, but because it runs so counter to what we as Christians believe.

We believe in a risen Lord! Jesus died — and yet Jesus lives! How can those who follow Jesus be so fearful about the possibility that a congregation might die? From death comes resurrection. From death comes new life. And I don't believe we have to literally die to be resurrected. There are congregations today that are dead already — they just don't know it yet, or they're fighting against that reality. But even that reality is (if looked at properly) their great hope — because maybe resurrection awaits. Nothing should free us more fully than the knowledge that all that's left is hope!

Maybe new life is around the corner. Faith is supposed to release us from fear by reminding us that the thing we fear most — death — is already defeated. So, what's to fear? Why not be

hopeful? We should be the most hopeful people of all, because Jesus died — and yet Jesus is alive!

I don't have a prescription for church survival. There are all sorts of church growth books out there; all sorts of programs that are specifically designed to bring the masses into your congregation; all types of new and modern worship and music that will supposedly attract the young people. And, of course, if you could just get a better minister! Well, I think if we put out faith in books or programs or music or liturgy or ministers we'll be disappointed. Some of those things might be good and useful. Others probably aren't. But our only hope is in God. Fearing the future; falling into despair about tomorrow; giving up on possibilities. Those are signs that we've lost our faith and we're just trying to hang on. It doesn't mean that we're bad people. It means that we're real people with real challenges. But sometimes we need to take a step back from the problems of today and take a look at the world and universe around us and remind ourselves — God is with us! We are not alone!

■ HEALTH CARE

Bridges now offering two new programs

InPort News Staff

PORT COLBORNE — Bridges Community Health Centre is offering two new programs this month focusing on a healthy approach to weight management and smoking cessation.

An introduction session to the Healthy You Weight Management program will be held on Thursday, March 21, from 9:30 a.m. to 10:30 a.m.; the full eight-week program will start on Thursday, March 28, from 9:30 a.m. to 10:30 a.m.

Thinking about quitting

Bridges

Community Health Centre

Port Erie and Port Colborne/Wainfleet

smoking? Join the You Can Quit program and learn how to quit for good. A five-week supply of nicotine replacement therapy is available to eligible participants. This two-part program will be held March 27 and April 3, from 6 p.m. to 7:30 p.m.

Both programs are no-cost

and open to all residents of Port Colborne and Wainfleet. To register, please call 289-479-5017 ext. 2421. Programs will be held in the community room at 177 King St., Port Colborne. For a full listing of all available programs and workshops, see www.bridgesch.ca.

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IN BRIEF



COUNCIL CONSIDERING CHANGE

WAINFLEET — A proposed amendment to a township bylaw could see the discharging of firearms prohibited in certain areas.

The bylaw — discharge of firearms, bylaw No. 1499-97 — will be discussed at a public meeting prior to council on Tuesday, March 26 at 7 p.m. in council chambers. Residents are invited to attend and give their comments on the proposed change.

A copy of the current bylaw can be found on the township's website, www.wainfleet.ca.

Anyone with questions

can contact the township's John Boerema at 905-899-3463 ext. 276, jboerema@wainfleet.ca, or clerk Tanya Lamb at 905-899-3463 ext. 226 or tlamb@wainfleet.ca.

SEX OFFENCES CHARGES

PORT COLBORNE — A 39-year-old Port Colborne man has been arrested following a police investigation into alleged sex offences involving a minor.

The incidents, which involved a female under the age of 16, are said to have taken place between 2011 and 2013, Niagara Regional Police said in a press release.

Investigation into the

allegations commenced last month.

On Thursday, police arrested Gregory Armbrust and charged him with two counts each of sexual assault, sexual interference, expose genitals to a minor, and one count of invitation to sexual touching.

Armbrust is being held pending a bail hearing to take place in St. Catharines at a later date.

JOBS AVAILABLE

WAINFLEET — Summer student positions are open in the township's operations department.

Summer students are primarily used for labourer type duties such as, and not limited to, grass cutting/lawn maintenance,

landscaping / gardening, painting, cleaning.

Work duties will mainly be comprised of grass cutting/lawn maintenance and will include the use of push mowers, riding lawn mowers, large tractors with under carriage mower decks and weed eaters.

Students need to have the following qualifications:

■ Prior experience in the use of push mowers, riding lawn mowers, large tractors with under carriage mower decks and weed eaters is an asset.

■ Prior landscaping/ grass cutting/lawn maintenance experience is an asset.

■ Current Valid Class "G" licence
■ Completion of Grade

12

■ CSA Approved Safety Footwear

■ Submission of a Drivers Abstract

In order to be eligible, students must have completed grade 12 prior to May of this year and be returning to full time studies in September upon completion of summer employment. Students must be available to start work by no later than Monday, May 6.

Completed resumes with cover letter need to be submitted by 4 p.m. this Friday in an envelope clearly marked: Application for Student Summer Employment, to the township, 3194 Highway 3, P.O. Box 40, Wainfleet, ON L0S 1V0

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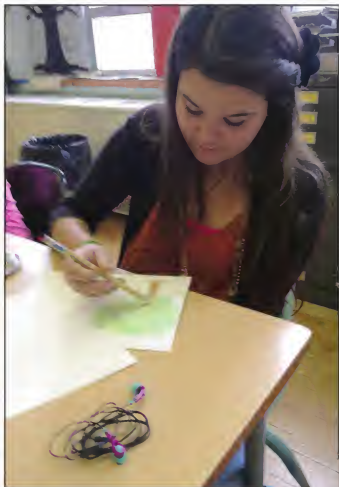
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Shianne Stephens works on a piece of art.

Artistic abilities shine at Port High

CHEYENNE MORRISON
For InPort News

PORT COLBORE — Cathy Peters, a local artist who specializes in water color landscapes and still life paintings visited a senior level art class at Port Colborne High School recently.

Peters, during her second visit to the school, demonstrated different water color techniques to students.

Students experi-

mented with the different techniques using a variety of brushes, tissue, sponge, bubble wrap, salt, rubbing alcohol, and wax.

"I always wondered how people made so many different looking textures, I thought they used paint brushes," said Grade 11 student Rachelle Labonte.

Students will eventually apply their favourite techniques into their own original paintings and hopefully will be able to

produce a nice peaceful painting they are proud of.

"Peters' visits provide students with a reach ahead experience as part of their program requirements," said Dawn Mayne, head of Port High's art department.

Peters has her own studio and is also a member of Art's Place Gallery, in Port Colborne, which has always been an important community supporter of Port High's art program.

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Checkmate!



MARYANNE FIRTH Staff Photo

Eastdale Secondary School student Alex Chambers makes his move during a game on the school's jumbo chess set during a team tournament held at the school on Friday. More than 80 high school students from across Niagara participated in the daylong event.



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INPORT NEWS

Readers' Choice

2013

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Fill in your ballot for the InPort Readers' Choice Awards. Write the names of your favourite business on the line provided. You can vote for as many different types of businesses as you wish in each of the categories. Those merchants and businesses who receive the most votes will win the prestigious Readers' Choice Award. The winners will be announced in a special section of InPort News in April, 2013. Watch for our promo! Your ballot is your entry to our prize! So fill it out and send it today! The deadline for submission is 4 p.m. Friday, March 22nd, 2013.

Limit One Ballot Per Reader.

Please note: All categories do not have to be fully completed.

Best Place for Food and Drink

Best Overall Restaurant

Breakfast

Brunch

Chicken Wings

Chinese Restaurant

Cup of Coffee

Dessert

Doughnuts

Drive Thru

Family Restaurant

Fast Food Restaurant

Fish & Chips

French Fries

Hamburger

Ice Cream Parlour

Italian Restaurant

Lunch

Outdoor Patio

Pizza

Restaurant with a View

Sub

Best Entertainment

Bar

Sports Bar

Golf Course

Best Shopping

Antiques

Appliances

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Best Shopping Continued

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Contest Rules:

Only original newspaper ballots accepted. No mechanical reproductions allowed. Employees of the InPort News, and their immediate families are not eligible. Winners of the Grand Prize will be determined by a random draw from all entries received by 4 p.m. Friday, March 22nd, 2013. Winners will be contacted by phone. You do not have to fully complete ballot to win.

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■ **EDUCATION:** Composer in the Classroom comes to St. Elizabeth

Classical music inspires young minds

VICTORIA GRAY
InPort News Staff

WAINFLEET — Chase Taylor has taken guitar lessons for almost three years, but he never considered writ-

ing his own music.

And he certainly didn't think in his wildest dreams he could write classical music.

"I'd never really even heard that style of music before and I would

never have learned (on my own)," he said.

But Niagara Symphony Orchestra's Composer in the Classroom program made it possible for Taylor and his Grade 6-7 class and the Grade



VICTORIA GRAY Staff Photo

Niagara Symphony Orchestra principal second violin Charlene Nagel, left, principal viola Marlene Dankiw and principal cellist Gordon Cleland bring music written by a Princess Elizabeth Catholic School Grade 6-7 class to life as part of the Composer in the Classroom program.

7-8 class at St. Elizabeth Catholic School in Wainfleet to do just that.

"I didn't think we could do it," he

said. "But it was really inspiring."

see MUSIC | page 21

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■ **PROFILE:** Donna Moody heads up Brock security

Keeping students safe



MARYANNE FIRTH Staff Photo

Brock University director of security services Donna Moody keeps a watchful eye on the campus through use of a high-tech security system that features more than 600 cameras.

MARYANNE FIRTH Tribune Staff

ST. CATHARINES — When Donna Moody retired from the Niagara Regional Police Service, she started a hat collection.

The former NRP deputy chief became not only the director of campus security at Brock University, but also a communications expert, building planner, social media buff, and even a self-proclaimed weather guru.

In her role at the ever-growing educational institute, Moody has found herself taking on a wealth of new tasks that she never expected when she began there in 2007.

But the daily changes, challenges and continually expanding campus have kept the job interesting for the Welland native, who is thrilled to be leading the

school's talented security team.

Moody's predecessor, former NRP chief Gary Nicholls, had begun modernizing the school's security measures. It was a task, and not an easy one at that, that Moody took on once she grabbed the reins.

At that time, the school's emergency preparedness plan was not up to the necessary standards — a fact that was only magnified by a horrific incident in the United States.

In April, 2007, only a few months after Moody started at Brock, the Virginia Tech shooting, in which 32 people were killed and 17 injured, shook North America.

"Everyone was in a heightened state," Moody says. Work immediately began to ensure Brock had a top-notch emergency preparedness plan, including lockdown proce-

dures and reliable communication methods, to ready the school should anything ever happen.

The campus security office, which Moody guips once housed a laundry room, was soon transformed into the university's central communications hub with installation of a new state-of-the-art security system. It has since grown to include more than 600 cameras covering all angles of the campus.

Along with having high-tech systems, the school relies on highly-trained staff members.

Both special constables, a title issued through the NRP services board, and contract security officers work on campus. Many are former members of local police force.

see **SECURITY** | page 16



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■ **SHIPPING:** Sunday service in advance of canal opening

Time to celebrate the mariners

DAVE JOHNSON
Tribune Staff

PORT COLBORNE — A mariner's celebration and top hat ceremony will be held in the lakeside city to help launch the opening of the Welland Canal and St. Lawrence Seaway for another shipping season.

Mayor Vance Badawey said the city recognizes ongoing benefits of the marine industry in Niagara.

"It is our responsibility to work shoulder to shoulder with (stakeholders) to offer investment opportunities that can take advantage of our location and readily-available methods of transporting goods globally," he said.

The mariner's celebration will be held on Sunday at 7 p.m. at St. James and St. Brendan Anglican Church, 85 Charlotte St. The celebra-

tion will feature bagpipes, Celtic dancing, Port Colborne's town crier, sea cadets and a choir conducted by Robert Wood.

Special guests include Central Five. After the service there will be live music and dancing at the Guild Hall featuring Finnigan's Wake.

Port Colborne's top hat ceremony, on Friday, March 22, will welcome the first downbound ship through the canal, in its 184th year of operation, and help celebrate the 54th anniversary of the St. Lawrence Seaway.

It will be held at Lock 8 Park Pavilion, off of Mellanby Ave., with the ceremony taking place at 9 a.m., there will be light refreshments at 8:30 a.m.

It's unknown at this time which vessel will be the first heading from Lake Erie to Lake Ontario, but in the past few years Algoma



In this file photo, Victorious tug Capt. Sean Jowsley, left, tips the top hat presented by Mayor Vance Badawey, centre, as chief engineer Paul Schubert-Lock watches during canal opening ceremonies in Port Colborne in 2012. DAVE JOHNSON Staff Photo

Central Corp. vessels have been the first moving north.

A top hat ceremony will also take place in St. Catharines for the first

upbound vessel through the canal. That ceremony will take place at 10 a.m.

at the St. Catharines Museum-Welland Canals Centre (Lock 3).

■ SECURITY

Partnership with NRP helps with success

FROM PAGE 15

"What's made me successful here is our continued partnership with the NRP," Moody says. Police are in contact with campus security on a regular basis and certain units even train on campus occasionally.

Overseeing campus security is so much more than keeping a watchful eye on students who've indulged in too much "school spirit," Moody says.

On top of taking care of "everyday problems," campus security often deals with mental health issues and domestic violence, not only among students but also among staff.

"People come in here for advice," says the 57-year-old Fonthill resident. It's important, she adds, that those seeking help to feel comfortable coming to the campus office.

Along with watching over the main campus, the secu-

rity team is responsible for overseeing Brock's Hamilton campus and will be launching the new performing arts centre once it opens in downtown St. Catharines.

"It's almost like a small city here," Moody says of the university, which plays host to 18,000 students, as well as faculty and staff.

"And we're still growing." The university has undergone significant expansion in recent years.

Moody has been hands-on during the planning process for construction of new buildings to determine the best way to provide the necessary security measures within.

The campus, as well as its security system, grows with each building that's erected, she says. With that growth, security also needs to evolve.

The security team is learning new ways to communicate with the Brock community, including using

social media sites such as Twitter and Facebook.

Students will often check their Facebook before looking at their Brock e-mail account, Moody says, making it a more effective way of spreading news of a closure or emergency on campus.

It was through social media that campus security learned of students' plans to film a Harlem Shake viral video at the school in February. The event drew out nearly 2,000 people and aside from some unintentional damage, took place without incident.

"We love school spirit, but it has to be done safely," Moody says. Campus security, she adds, works closely with the student union to help plan events and ensure the safety of all involved.

Moody also has a hand in making sure students stay safe when it comes to Mother Nature.

She's responsible for being

up at 4 a.m. during inclement weather to determine whether or not to close the school.

"I've become a weather guru," she says, having to always watch radars for signs a storm is rolling in. Moody considers herself a "keeper" of sorts of the significant research conducted at Brock.

It's her job to provide a safe and secure environment that allows students and staff to conduct their work without worry.

"It's exciting, rewarding, to be part of that," she says.

It's a different type of rewarding feeling than one gets from working in policing, she says, though it's equally as satisfying.

Moody began her policing career in Welland in 1974 at the age of 18.

As one of the only women on the police force at that time, her standard issued uniform included a skirt and a purse with a holster inside.

"That's how I'd walk the beat in Welland," says the Niagara College graduate, who was the first female officer to patrol Rose City streets.

While many people at that time considered law enforcement a "male environment" where women had to break through the proverbial glass ceiling, Moody feels she had a wealth of opportunities before her.

Over her 32-year policing career, Moody worked with countless units and moved up the ranks until she held the role of deputy chief.

Though she doesn't like to take credit, Moody knows she and a small handful of other female officers did help to blaze the trail for women in policing.

Moody has been honoured with the International Association of Women Policing Award and the Ontario Women in Law Enforcement Heritage Award for her

longtime commitment to the field.

On Feb. 6, Moody was awarded a Queen Elizabeth II Diamond Jubilee Medal during a special ceremony held at Roy Thomson Hall in Toronto.

The award was presented to her by former Toronto Maple Leaf Paul Henderson, which was a real thrill for the hockey enthusiast and her husband Rick.

Moody was surprised by the honour.

"So many people do so many good things. It's humbling to be recognized for what you do."

Along with her policing career, Moody has assisted the community by sitting on a number of boards and assisting with fundraising initiatives in Niagara.

She chaired the Ontario Special Olympic Summer Games, hosted by the NRP in 2005, and spent six years on the Niagara College board of governors.

■ **SPENDING:** Audit finds no evidence of abuse by employees

Region's credit card use gets thumbs up

JEFF BOLICHOWSKI
QMI Agency/Niagara

Niagara Region's employee credit card program has been given a thumbs-up for staying fraud-free.

The Region wrapped up a compliance audit of its purchasing card program recently. It has 1,047 Regional credit cards in circulation, but when it audited 417 purchasing card transactions from 51 cardholders, it found a few procedural issues but no fraud.

The number of cards would put one in the hands of nearly one-third of the Region's more than 3,000 employees.

"It always comes with risks," said CAO Mike Trojan.

"When you've got that many cards out there and that many individuals having them, there's the potential for abuse."

But the audit revealed only legitimate purchases, he added.

Trojan said the cards provide a thorough paper trail.

"You get an itemized statement so you can see where the purchases are," he said. "Ninety percent of the purchases are of low value."

The Region has been issuing purchasing cards since 1999, to cut transaction costs for small buys, which are those under \$5,000.

While the report found no fraud, it did reveal some non-compliance issues and "control weaknesses," Trojan said.

The Region found management approval of purchases needs shoring up and that tax returns were highballed for 17% of the transactions, requiring the Region to pay back \$25,000.

It also found cards still active for an average of 49 days after employees left the Region. About 25% of the cards had limits inconsistent with what staff set, while 19 transactions were split into multiple buys to get around a single purchase limit.

The Region's policy gives staff a \$5,000 single pur-

chasing limit.

Between January and September 2012, Region cardholders spent \$5,424,500. That projects out to \$7,233 million for the year.

Regional council got a look at the report at its last meeting.

"There's talk about there being a lot of cards, but about 400 are assigned to vehicles," Trojan said, meaning the

cards move with whomever drives the car.

Regional Chair Gary Burroughs said the Region gets a cash discount for using the cards, which amounts to about an \$80,000 saving.

He said he'd like to analyze the breakdown of cards, including how many are gas cards and what the Region saves by having them.

Without them, he said, filling expense reports on some minor purchases could cost more in paperwork than the purchase itself.

"Way less accounting. Far better record-keeping. And you're not matching little tapes from some cash register to amounts and what they say it is. It says very clearly on the statement.

"No, it's the way to go."



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■ ART: Jean Johnson exhibition starts today



DAVE JOHNSON Staff Photo

Artist Jean Johnson shows her work on the wall of Arts Place Gallery in Port Colborne.

Putting people into perspective

DAVE JOHNSON
InPort News Staff

PORT COLBORNE — People fascinate Jean Johnson.

"I love painting people ... their expressions," says the Hamilton-based artist from Arts Place Gallery in Port Colborne.

Johnson's work this week was being hung in the gallery for her show "memories," which runs from now to April 7.

People, she says, have a lot of say by

how they express themselves, whether it's something as simple as a smile.

Not all of her work is about smiles though.

Johnson has one painting on the wall of a little girl bent over, hiding her face between her knees with her arms drawn up tight around her.

"It's a painting for all of the sorrow and anguish in the world that people feel."

see ART | page 19

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IN BRIEF

CHAMBER BREAKFAST

WAINFLEET — Niagara Regional Police Chief Jeffery McGuire will be the guest speaker at Port Colborne-Wainfleet Chamber of Commerce's quarterly breakfast next week.

The breakfast will be held March 21 from 7:45 a.m. to 9 a.m. at Jericho House Youth Leadership Centre, 10845 Rathfon Rd. in Wainfleet.

The cost is \$15 and the chamber is now accepting Visa and MasterCard.



■ ART

'Art is a big part of my life:' Johnson

FROM PAGE 18

Johnson has been painting since the age of 30 and started off working with watercolours. She transitioned to oils when she started attending McMaster University for studio art and art history.

"I've been more serious about it in the last 16 to 17 years. Art is a

big part of my life."

While not basing her photos directly on people, Johnson says, when finished a painting she'll find that it looks like a person from her past, like her mother.

Two paintings hung in the gallery have twins as the subjects.

Johnson has twin granddaughters who

were the inspiration for those paintings.

Arts Place Gallery, at 714 King St., is open Friday through Sunday from noon to 4:30 p.m. and can be found online at www.artspacgallery.com.

Johnson can be reached at liviaaugustus@hotmail.com.

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■ JUNIOR B HOCKEY

Battle of Hwy. 140 begins Friday

BERND FRANKÉ
InPort News Staff

PORT COLBORNE — Junior B hockey's first-ever Battle of Hwy. 140 gets underway Friday, and there's little from a statistical standpoint separating the regional rivals heading into the best-of-seven Golden Horseshoe Conference semifinal playoff series.

While the Port Colborne Pirates finished the Greater Ontario Junior Hockey League season in second place with a 35-12-0-4 record, the 35-15-0-1 Welland Juniors Gators were only three points back in third place.

They split the season series right down the middle with three wins apiece, though the Don Cherry's Port Colborne Pirates outscored Welland 22-18 in head-to-head play and are taking a two-game winning streak into the playoffs.

Home ice wasn't an advantage in what used to be known as the Battle of Hwy. 58 before the Pirates moved across town to their new arena just south of Hwy. 140. The Pirates were 2-1 against Welland away from Westside Arena, their former home; the Junior Canadians 2-1 when they weren't playing the Pirates at Welland Arena.

Friday night's 7:30 faceoff marks Welland's first visit to a new arena that will host four of the seven games if the second-round series goes the distance.

Each team will be well-rested when the rivalry resumes later this week. The Junior Canadians haven't played since eliminating the Stoney Creek Warriors last Wednesday in Game 5 of their quarter-final series, while the Pirates' last game was Friday when they dispatched the Port Erie Meteors to the sidelines, also in five games.

"I don't think there's a really a factor at all," Pirates co-owner Tim Toffolo said of the prolonged break between games.

The first five dates of the second Port Colborne-Welland series in three years have been set. Game 2 is Sunday



at Welland Arena, beginning at 7 p.m.; then it's back to Port Colborne for the third game, Tuesday, March 19, 7:30 p.m. faceoff; with Game 5 the following night in Welland, a 7:30 puck drop. A fifth game, if necessary, would be played Friday, March 22, beginning at 7:30 p.m. in Port Colborne.

"This is the series that everyone who knows hockey wanted. It's going to be exciting, because everyone what happened the last team," said Toffolo, who is also the team's director of hockey operations.

Two years ago Welland was up 3-0 before losing four straight to Port Colborne in the opening round of the playoffs.

During the regular season the Pirates were to offence what the Junior Canadians were to defence. Port Colborne, led by league scoring leader Dayne Phillips and Bryan Komarska, whose 43 goals were second in the league, netted 250 goals, 51 more than Welland.

Matt Coulombe and Chris McDougall limited opponents to 2.63 goals per game while achieving a league-best .923 save percentage between the Welland pipes. Pirates goaltenders Neal Cormier and Morgan Hudson, in comparison, stopped 91% of the shots they face and surrendered an average of 3.10 goals

bernd.franke@sunmedia.ca

■ MUSIC

Professional musicians help out students

FROM PAGE 14

Four professional musicians from the orchestra played eight two-minute pieces for the school and members of the community last week in the school's gymnasium.

During the five-day program, associate conductor Laura Thomas splits classes into four groups and gives them three 90-minute sessions in which students learn to take their ideas and turn

them into a piece of music.

They learn about different instruments, melody, tempo, harmony and much more.

The orchestra's education and communications manager, B.J. Armstrong, said the process starts with tapping out ideas on a xylophone and throughout the course of the program evolves into a full piece.

"The children are given tools, strategies and support to compose," she said.



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■ **EDUCATION:** Port High welcomes feeder schools to basketball challenge

Building ties with basketball

ALLAN BENNER
InPort News Staff

PORT COLBORNE — Hundreds of Grade 8 students from elementary schools throughout Port Colborne and Wainfleet spent last Friday at Port Colborne High School learning just how much fun they'll have next September.

Staff from the high school organized a fun basketball tournament of sorts for the students and staff from Port High as well as their guests.

"There are going to be three big games going on," said Port High teacher Andrew Longley.

The first of the 20-minute games pitted Port High against a team comprised of teachers from the six feeder schools.

Longley, who stands 6'9",

said he played point guard for the Port High team to give the elementary school teachers a fighting chance.

"We're going to reverse the strategy, and put the big guys dribbling the ball," he said.

Despite Longley's stature, DeWitt Carter principal Jay McJanet said his team had a secret weapon of its own — referring to Winger School principal Mike Burns.

Ultimately, though Port High's teachers won 27-17.

For the second game, both teams were made up of high school and elementary school students, rather than pitting the older students against the younger ones.

And for the final game, "we just going to throw everybody into the mix," Longley said.

Port High's vice-princi-

pal Ann Kennerly said the event was held to help next year's students feel more comfortable about leaving elementary school behind.

McJanet said events like that create a sense of family between Port High and its feeder schools.

"When we do things like this, the kids can see us at a different level — having fun," he said.

allan.benner@sunmedia.ca

ALLAN BENNER Staff Photo
Students and staff from Port Colborne High School invited students teachers from area elementary schools to play a few basketball games, Friday, to help the Grade 8 students feel more welcome when they start classes at the high school in September.



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**FREE WEDNESDAY OF
EVERY MONTH**
 Open Late until 7PM

**150's
Bonus Size
30 Caps FREE**
 while supplies last



LOSE THE PAIN
 LeafSource

**\$300
OFF**

WITH COUPON EXPIRES MARCH 30, 2013

The Healthy
Cupboard

This coming from a customer who had tried every other natural remedy under the sun in the past few years to take away her pain, Ian, the owner of The Healthy Cupboard couldn't believe his ears. He had finally found the perfect product to stop his customer's misery. This is what every owner of a health food store dreams about, a natural product that receives so many outstanding testimonials on such a wide variety of health issues. "I had recommended a new product called LeafSource, which we have had tremendous success with this product, and almost everyone we have recommended it to over the last few months has come back and thanked us over and over again" said Ian. Before trying LeafSource, the woman had complained about her ongoing joint pain and was at her wit's end. Although she had experienced some relief through the numerous natural remedies she had tried over the years, the pain would never fully go away. "She returned to my store, in tears, less than one week after buying LeafSource. I didn't know what to make of this woman standing in front of me crying, until she told me that within a few days of taking LeafSource her pain started to disappear and within a week it was completely gone - as if it was never there." Ian goes on, "This coming from a woman whose painful joints and ongoing sciatica were so bad just one week earlier, that the pain was unbearable but now has completely subsided." By now you are probably

wondering what is LeafSource and why is it so effective? LeafSource is a 100% natural product derived from a proprietary organic mineral composite with over ten years of university research. LeafSource helps regulate the inflammatory process and the body's ability to repair itself. The vast majority (70 - 80%) of the population over the age of 50 have joint problems — often called osteoarthritis. This is due to the natural (or unnatural) wear and tear on joint tissue that develops through the aging process. With joint inflammation, movement is limited and pain can be constant. LeafSource seems to have the ability to help people get their mobility and zest for life back. Millions of people seek treatment for their joint and inflammation problems by resorting to expensive, toxic prescription drugs (i.e. NSAIDs) with multiple side effects. These range from nausea and vomiting to serious intestinal disorders (bleeding, gas, pain) and even kidney and liver failure. Isn't that too large a price to pay for a little pain relief? LeafSource is a safe alternative to these destructive anti-inflammatory drugs that cause more problems than they solve. There are absolutely no side effects and it doesn't interfere with any other medications. Controlled experiments and observations have revealed that LeafSource is a potent anti-inflammatory that has been shown to bring a reduction to inflammation and pain within a few days. People notice great results in terms of more energy and less pain by taking

anywhere from 2 to 6 capsules/day. Typical maintenance is usually 1 capsule twice daily. This product gets results! LeafSource is scientifically validated through more than 10 years of research at 4 universities, including the Department of Pharmaceutical Sciences, Mercer University. Aside from its incredible anti-inflammatory and pain reducing ability, it has also been shown to improve the performance of your daily nutrition and vitamin programs. It helps increase the absorption of vital nutrients, which in turn helps these nutrients work better. Better absorption = better results! It's almost as if they have become supercharged! LeafSource has also been shown to help enhance energy levels, improve intestinal health, strengthen hair, skin and nails and improve immune function. To see someone go from intense pain to a new lease on life within a week is truly incredible. Imagine being able to move freely without pain. Who wouldn't want to get out of bed in the morning with more energy? It's amazing how much of this stuff we take for granted, until it's gone! Ian adds, "I often recommend that LeafSource be taken with other natural joint products in order to help them work better and provide even faster relief. One of the things I hear most often from people who have tried LeafSource is they just plain feel better, have more energy and less pain. We're so confident, we guarantee LeafSource 100%! That alone should be enough to try this incredible product."

The Healthy
Cupboard

NEW
WEBSITE



**Tanya &
Ian Birrell**
 Owners of
The Healthy Cupboard

TWO LOCATIONS!

FONTHILL

 111 #20 EAST
Across from Sobey's

PORT COLBORNE

 101 CLARENCE STREET
Across from Food Basics

905.892.9054 905.835.9806

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